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The 2016 Kia Soul and Sportage received the lowest number of problems per 100 vehicles among compact MPVs and small SUVs, respectively, in the J.D. Power 2016 U.S. Initial Quality Study. 2016 study based on 80,157 total responses, evaluating 245 models, and measures the opinions of new 2016 vehicle owners after 90 days of ownership, surveyed in February-May 2016. Your experiences may vary. Visit jdpower.com. Kia is a trademark of Kia Motors Corporation.

HALIFAX HEROES

Volunteering
'emotional support' for
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Halifax's Nico Hischier,
right, steals the puck
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Wildcat Will Bower at
the Halifax Forum on
Sunday. JEFF HARPER/METRO



HERD HITTING

Mooseheads gaining steam in pre-season play **metroSPORTS**

A Pleasant-er place to bike in the works

POINT PLEASANT

Park may allow cyclists to ride on weekends next summer

Rebecca Dingwell
For Metro | Halifax

Cyclists may be able to bring their bikes into Point Pleasant Park on weekends next summer — something that's been against the rules since 1971.

In December, south-end Coun. Wayne Mason moved the motion for staff to look at the possibility of weekend cycling in the park and to discuss it with Active Transportation Advisory Committee.

Mason said Sunday he recently received emails from three different families who biked to Point Pleasant with their kids, only to have other park-goers tell them

they weren't allowed to cycle.

Mason also pointed out that the "design of the bike network" in the city often leads cyclists to the park. "As more and more people are biking recreationally ... with children, especially, it's a logical destination."

At the same time, Mason said residents do have concerns — from the possibility of elderly people conflicting with fast-moving bikes to dogs chasing bikes.

According to a staff report coming to Halifax and West Community Council on Tuesday, preventing conflict or collision between park-users "during peak volume times" is the reason the rule of no weekend riding was made in the first place.

Cycling is allowed at the park Monday through Friday.

If the idea were to go ahead, it wouldn't affect all trails. The hope would be to have a limited number of trails in the park appropriate for biking, with signs indicating a speed limit.



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HALIFAX HARBOUR

NATO allies in town for military exercise

Warships from NATO countries will be in Halifax this week for a Canadian-led military exercise aimed at bolstering anti-submarine warfare capabilities.

The defence department said six countries are participating in the exercise dubbed Cutlass Fury, including Canada, the U.S., the U.K., Spain, France and Germany.

The 13-day exercise — which includes 11 ships, three submarines and 26 aircraft — will begin on Monday with a sail past in Halifax harbour.

The department said the mission includes anti-submarine exercises and will take place in waters off Nova Scotia and Newfoundland.

Canadian navy Commodore Craig Baines said Cutlass Fury is the largest anti-submarine warfare exercise to be conducted on Canada's East Coast in the last 20 years.

"It's an opportunity for us to bring like-minded NATO countries together to hone a very difficult skill set which is not only anti-submarine warfare but also working in the surface domain, the air domain and also doing a lot of work in board-



The HMCS Fredericton. CONTRIBUTED

6

Air base 14 Wing Greenwood will be hosting about six aircraft from the U.S. and French navies

ing operations," said Baines in a statement.

"It's very important for Canada to work in this type of exercise because not only will we take a leadership role, but we'll also be working with six very keen NATO allies using real life assets in a live environment so we can increase our cooperation, increase our communication and make sure that all of our units are ready for any eventualities that might come our way."

The Canadian warships taking part include HMCS Fredericton, HMCS Athabaskan, HMCS Goose Bay, HMCS Summerside and HMCS Windsor.

The Halifax-based Windsor is currently Canada's only operational submarine, one of four purchased from Britain in the late 1990s. THE CANADIAN PRESS

MENTAL HEALTH

Awareness walk focuses on survivors



Rebecca Dingwell
For Metro | Halifax

Laurel Walker wants to see changes in the way suicide is dealt with within the medical system — and those changes should "start in the emergency room."

"I think we just need to learn how to talk about it and communicate about it. It's not rocket science," Walker said Sunday, following this year's Halifax Walk for World Suicide Prevention Day, noting the need for better treatment in Nova Scotia ERs.

She founded the walk 10 years ago.

"I really believe in the power and the ability of a person to fully recover," said Walker.

As someone who has had mental health struggles, Walker had to leave the province for her treatment in 2012.

"Because I did, I'm still here today and I'm well. I'm working full-time, I'm volunteering and everything else."

In addition to having the right services available, Walker said it's important to ask people

More talk on suicide, better prevention



Participants in the annual Halifax Walk for Suicide Prevention Day make their way down Barrington Street on Sunday afternoon. JEFF HARPER/METRO

The more people that are involved here, then more lives are gonna be touched and more lives are gonna be saved. Laurel Walker

who have recovered about the things that helped them along the way.

"The minister of health (in Nova Scotia) has never contacted me to say, 'Well, what exactly worked for you there?'" she said.

Suzanne Sagmeister — the guest speaker after Sunday's walk — also sees the need for resources. However, she leans

more towards the idea that people need to change the way they interact with each other on a personal level.

"I come from a lived experience angle," said Sagmeister. "I believe in the power, as a collective ... to create the safety net that might just make the difference in somebody's life until they can get the help they

need."

Sagmeister is a photographer based on Vancouver Island. She has traveled all over the country photographing suicide survivors and sharing their stories.

"Each and every single one of us have the power to create change in another person's life," said Sagmeister. "Sometimes it's as simple as complimenting somebody or saying hello."

For Walker, seeing the way the walking event has grown is "overwhelming."

"I can't even really put it into words," she said.

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Patients push for fed strategy

LYME DISEASE

Bedford woman says she's in 'medical limbo'

The health issues piled up for Donna Lugar, one on top of another: She had breathing trouble, vision and hearing problems, even heart issues, but finding a cause was elusive.

"Occasionally I would get a diagnosis," said the 55-year-old Bedford resident. "But a lot of tests were coming back negative."

By 2010, almost a decade after her problems began, Lugar said she was diagnosed with tetanus, but treatment didn't help. Finally, in September 2011, she found a doctor in Cape Breton who diagnosed and treated her for Lyme disease.

Lugar said a large part of her problem is that she never presented to doctors with a classic indicator of Lyme disease: a bull's-eye rash.

"I never saw an attached tick and I never saw a bull's-eye rash," said Lugar. "To this day I can't tell you with 100 per cent accuracy that, 'Yes I have tick-borne diseases,' because there is not a test that can tell you."

Lugar says she is far from alone. She and other advocates say persistent problems in the fight against Lyme disease, including a lack of awareness, diagnosis and treatment by doctors, has left large numbers of Canadian patients frustrated as they battle chronic symptoms.

They say those problems need to be addressed as the prevalence of the bacterial infection caused by black-legged ticks increases and as federal health officials develop a new plan for the prevention, identification and treatment of the disease.

Canada's chief public health officer, Dr. Gregory Taylor, believes more needs to be done



Donna Lugar, founder of the Nova Scotia Lyme Disease Support Group. ANDREW VAUGHAN/THE CANADIAN PRESS

for patients like Lugar who feel abandoned by a system that is still learning about a disease that is only now emerging as a growing health threat.

Taylor said that as of 2015, 917 cases of Lyme disease were reported to the Public Health Agency of Canada. That's up from the 144 cases reported in 2009 when the disease was designated as nationally notifiable.

Taylor said the estimated cases are likely higher because many are unreported or go undiagnosed by doctors who simply aren't thinking to check

+ RESEARCH & PLANNING

A conference was held in Ottawa last May as part of the development of a national plan to address the disease.

It brought together patients, researchers and medical experts.

Dr. Gregory Taylor, who

for Lyme.

The ticks have been found in areas of Nova Scotia and B.C.,

co-chaired the conference, said it's clear more surveillance of the disease and ticks is needed along with more education for the public and for doctors.

"Underlying all of that is the need for research," he said.

as well as in southern Ontario, New Brunswick, Manitoba and Quebec.

Early detection of Lyme usually results in treatment through a short course of antibiotics, however Taylor said symptoms of early-stage Lyme are often vague and initial lab tests don't work well.

"We don't have a good lab test that detects the bug in your bloodstream," he said. "We look for antibodies and those don't get produced for several days after one is infected and so early on the test can be absolutely negative."

Taylor said for that reason his agency has been encouraging

5 things to know about Lyme disease

1 Blacklegged ticks become infected with Lyme disease bacteria by feeding on infected wild animals, such as deer, birds and rodents.

2 Infected ticks can spread it to humans through their bite.

3 Ticks are very small and their bites are usually painless, so you may not know that you have been bitten.

4 Symptoms can be different from person to person, but can include skin rash, headache, fever or chills, fatigue, spasms or weakness, numbness or tingling, and swollen lymph nodes.

5 The sooner you get treatment, the better your chance of recovery. Most cases can be effectively treated with two to four weeks of antibiotics, but some people experience symptoms that continue more than six months after treatment.

SOURCE: GOVERNMENT OF CANADA

doctors to treat clinically for Lyme "on spec." However, he said many doctors are reluctant to treat with antibiotics, and "for good reason," because they can cause as much harm as benefit.

As for Lugar, her treatment, which involved a lengthier course of antibiotics, lasted until 2013, when her doctor closed his practice amid questions about his methods.

Lugar said she's since been left to manage her symptoms, living in what she describes as a kind of "medical limbo."

THE CANADIAN PRESS

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Dartmouth woman steps up to help city's victims of crime

VOLUNTEER

Sometimes just being there all that's needed, McInroy says

Yvette d'Entremont
Metro | Halifax

When victims are experiencing the most difficult moments of their lives, there are people like Becky McInroy who volunteer to be there.

Since 2011, the single mom has been an active Halifax Regional Police Victim Services volunteer. She has provided about 500 volunteer hours to the unit.

"In this role, volunteers provide emotional support, crisis intervention and referral information to victims of crime, on-scene, during evening hours," explained Delthia Miller, volunteer programs coordinator with Halifax Regional Police.

"Victims may have experienced domestic violence, robberies, assaults, or motor vehicle accidents."

McInroy was looking for a way to give back to her community when a friend suggested victims' services six years ago.

Having personally experienced domestic abuse, and having worked years earlier with the police as a civilian employee, she knew it was the right fit.

Volunteers get training and then work 6 p.m. to midnight shifts between Thursday and



Becky McInroy volunteers with Halifax Regional Police Victim's Services. JEFF HARPER/METRO

Sunday evenings. Sometimes they'll work later if the situation warrants and their schedules permit.

The Dartmouth resident currently does one or two shifts per month.

She said unlike police officers who have more time constraints and a specific job to do when attending a call, the volunteer's only duty is to listen to and support victims.

"There are two of us, we have a vehicle, we're mobile and we will respond to calls," she explained.

"Mostly what we do is go and sit with them, talk with them. We provide emotional support. Depending on what their situation is, we can make referrals and educate them on community resources that are available."

McInroy said there are some traumatic incidents like sudden death calls or suicides where people don't even want to talk. They do, however, often request the simple presence of someone to sit with them.

"Most times when we see

+ EMPOWERING VICTIMS OF CRIME

From the nominator, Delthia Miller, volunteer programs coordinator with the Halifax Regional Police:

"(Becky) continually draws on her Criminology degree, her work with the Department of Justice, as well as her per-

sonal experiences to demonstrate compassion and commitment in helping victims overcome trauma. The Victim Services Unit and volunteers like Becky are central to empowering victims of crime by providing them with information, options, and validation."

people they're kind of in the worst time of their life, and for officers and for us to some extent it's somewhat normal

+ NOMINATIONS

Do you have someone to nominate?

Each Monday, we will profile an unsung volunteer hero in our community as part of Halifax Heroes.

To nominate someone, email philip.croucher@metronews.ca, Metro Halifax's managing editor, or Tweet @[metrohalifax](#) using the hashtag #Halifaxheroes

because we're experiencing it all the time, but to the person who's experiencing it this is not normal," McInroy explained.

"This is the most serious thing that may be going on in their life and to have people there makes the whole process for them a little easier, hopefully."

In addition to her work with victims services, McInroy is also a team leader and fundraises for the local Leukemia and Lymphoma Society's annual Light the Night event.

"I lost my fiancé to leukemia 10 years ago. Light The Night started here in 2011 and I have a team called the Miles for Matt team," she said.

"It's very important for me to have that giving back portion in my life. I know that life is very busy, but everybody is in the same boat ... It's not self serving or about how you feel doing it. It's about providing."



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EMPLOYMENT

Grad gets creative in her job hunt

A recent grad of the Nova Scotia Community College steam and pipefitting program is pulling out all the stops to get a job in her field in Nova Scotia.

Victoria Henneberry, a 19-year-old pipefitter living in Shelburne, tried all the traditional means, dropping off several resumés to Irving twice in Halifax and twice to Shelburne Ship Repair.

When Henneberry did not hear back, she didn't give up.

Instead she decided to try to grab the attention of her preferred employer, Irving, by appearing on an online news segment, SteveTV.tk, with a challenge to all of her peers and faculty at NSCC to share the video till it reached Irving.

"Sometimes you have to think of unique ways to get people's attention," she says. Henneberry was drawn to the trades in high school

where her father taught skilled trades at Shelburne Regional High School. When she test-drove the program at Shelburne Ship Repair, it was the perfect fit.

She says she could get a job out of province, but wants to stay where her heart and family are.

She focused her efforts on Irving after a positive work-term through her NSCC program at Shelburne Ship Repair, which is an Irving owned company.

She says there were others in her program that were trying to find work in their field.

"We are all trying and helping each other even though we are in competition," she says.

"If they see my name enough ... they will see that I am a hard worker because I won't stop until I join their team."

TC MEDIA

ROBBERY

Public help sought in search for suspect

Halifax Regional Police continue to ask for the public's help locating a man wanted in connection with an armed bank robbery.

Police say Bradley Joseph Pearce, 24, has been identified as a suspect. A warrant has been issued for his arrest.



Pearce is described as **Bradley Joseph Pearce**, a white man with blue eyes and short, dark blond hair. He is five feet nine inches and 160 pounds.

Police say members of the public should not approach him but call 911 if they see him.

At 4:05 p.m. last Thursday, police responded to a robbery at the Bank of Montreal at 620 Nine Mile Dr. in Bedford. Later that night officers found a vehicle on Indigo Walk in Halifax which matched the description of the vehicle used in the BMO robbery.

Police say they saw three males on Lemon Walk who fled on foot when officers approached. After a foot chase, one of them was arrested. The other two ran into a wooded area and were not located by police or the K-9 unit.

Cory Frederick Salter, 31, of Dieppe, N.B. is in court Monday to face multiple charges, including robbery with an imitation firearm and several criminal breaches. METRO

MEMORIAL

Event honours loved ones who lost lives needlessly

Rebecca Dingwell
For Metro | Halifax

It's been eight years since Angeliki Souranis lost her son, Craig Watson, in an impaired driving accident.

Over the weekend, she lit a candle in his memory, alongside candles representing 89 other people killed as a result of impaired driving.

Souranis is the national president of MADD Canada. She was one of several speakers at the ceremony for Nova Scotia victims of impaired driving which took place at the Dartmouth Memorial Gardens on Saturday.

"Craig was a child any parent would be proud to call their own," Souranis told attendees of her son, who was 20 years old when he died.

"He grew to be a thoughtful and caring young man."

Families of many other victims were at the ceremony —

1,000+

Number of people Nova Scotia Mounties charged in 2015 with impaired driving or refusing a breathalyzer.

some wearing buttons with photos of their loved ones. This year, 11 people have died in drug or alcohol-related car accidents in Nova Scotia.

Halifax Regional Police Chief Jean-Michel Blais said they were "lives lost needlessly."

"In spite of all our efforts as a society and as a policing service, there are still many people who do not make responsible choices," he said.

Blais pointed to statistics over the last year, stating HRP charged 766 people with impaired driving-related offences.

"The saddest part of that is:

how many were not charged? How many were not stopped?"

However, Blais also talked about a trend he found encouraging.

"We have more and more citizens who are contacting our 911 centre to let us know if they see a drunk driver on the road," he said, adding about 40 per cent of the charges laid last year were the result of such calls.

Insp. Dan Murchison of the RCMP noted his personal connection to drinking and driving.

"My uncle David died as a result of an accident caused by an impaired driver," he said.

"Although I was young at the time of the death, I have seen the pain that it causes to families."



Susan MacAskill of MADD Canada speaks at the monument unveiling ceremony on Saturday in Dartmouth. The stone monument is engraved with the names of individuals who were killed in impaired driving crashes across Nova Scotia. REBECCA DINGWELL/FOR METRO

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Peacekeepers must protect civilians

FOREIGN POLICY

Minister says troops must put safety of citizens first

Defence Minister Harjit Sajjan says protecting civilians — by force if needed — will be central to any Canadian peacekeeping mission in Africa, and that Canada will expect troops from partner countries to operate on the same principle.

Sajjan said in an interview he is concerned that despite having "robust" mandates and rules of engagement to act, peacekeepers from some countries have failed to intervene in cases where civilians have been attacked.

"When Canada goes in, yes, we will be fulfilling that mandate of protection of civilians and proactively acting in that manner. And we expect other nations to do the same thing," he said.

The comments follow sev-

eral incidents in South Sudan, including one in July in which peacekeepers failed to respond for hours as local soldiers attacked and raped foreign aid workers at a nearby hotel.

Complaints about peacekeepers standing aside while civilians are attacked are not new. The UN's failure to stop mass atrocities in Bosnia and Rwanda in the

and foremost rather than the UN.

Speaking against the Liberals' peacekeeping plan on Thursday, Conservative defence critic James Bezan asked a series of questions, including: "Will UN bureaucracy interfere with our chain of command?"

But Sajjan pushed back against the idea. Rather, he

“When Canada goes in, yes, we will be fulfilling that mandate of protection of civilians.” Harjit Sajjan

1990s largely prompted western countries such as Canada to move away from peacekeeping.

But the UN learned from those mistakes, he said. The protection of civilians is front and centre in both mission mandates and the rules of engagement allowing peacekeepers to use force. The problem now is with individual member states.

"There have been some suggestions that Canadian troops should answer to Ottawa first

said, the government has been talking with other countries about making sure the UN force commanders on the ground have the flexibility to be able to make quick decisions and protect civilians.

"I want to limit caveats, because by putting more caveats and decision-making processes, that doesn't allow for the troops on the ground to be able to respond," he said.

THE CANADIAN PRESS



Minister of National Defence Harjit Sajjan says he is concerned that despite having "robust" mandates and rules of engagement to act, peacekeepers from some countries have failed to intervene in cases where civilians have been attacked. THE CANADIAN PRESS FILE



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HALIFAX
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COURT

Public hearings for judges rare

Public hearings that consider whether a judge should be removed from the bench, such as the current one involving Federal Court Justice Robin Camp, are rare.

The Canadian Judicial Council receives more than 150 complaints each year and the vast

majority are either dismissed or dealt with behind closed doors.

The question of how to hold judges accountable and maintain faith in the justice system, while also respecting judicial independence, is an ongoing quandary.

"We have to really balance a complex set of interests," says

Karen Busby, a law professor at the University of Manitoba.

"Right now, we know little about what happens with the cases where ... it's not in the public interest to have a full public inquiry, but there needs to be some kind of accountability."

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Promote a love of reading, group says

EDUCATION

Books getting less and less popular among students

Declining math scores may be on educators' minds right now, but reading is still considered key to student achievement in all subjects.

Now, a cross-Canada coalition is trying to promote a love of books, worried about the growing number of students who say they don't like to read for pleasure.

"There's been a recent trend toward STEM programs (science/technology/engineering/math), and from our perspective ... if you can't read well, you are not doing well in math or science," said Mohamed Huque, associate director of the National Reading Campaign, a not-for-profit that



Teacher-librarian Wayne Parker from North Park Secondary in Brampton, Ont. and his students. TORSTAR NEWS SERVICE

is urging governments and school boards to make the issue a priority.

"The positive effect of reading transcends marks for English or language arts; it really does

translate beyond academic achievement. There are tons of studies showing the positive effects of reading on mental health (and) building empathy," among other benefits.

he added.

At a symposium earlier this year, the campaign crafted a statement saying it's time for "ministries of education, school boards and principals (to) ... adopt policies that make reading for pleasure possible, and that they should be accountable for reporting on the provision of such programs."

In Ontario alone, the percentage of Grade 3 students who say they like to read "most of the time" sat at less than half — 47 per cent in 2013-14, down from 49 per cent the year prior.

Among Grade 6 students, that figure dropped to 47 per cent in 2013-14 from 48 per cent in 2012-13, according to the most up-to-date statistics from the province's Education Quality and Accountability Office, which has also found that kids who read for pleasure perform better on standardized tests over time.

TORSTAR NEWS SERVICE

LGBTQ RIGHTS

Transgender women flee from Finland

Evelyn Harford
For Metro | Ottawa

For Juliet Kivimaki, her wife Emmi Jarvela and their one-year-old daughter Helmi, there was no other option but to flee Finland so that Kivimaki could have a shot at living as her true self — a trans woman.

In order for Kivimaki to receive legal gender recognition in Finland, she has to agree to be sterilized.

In desperation, the family of three left Finland behind and found refugee with an Ottawa family who knows a lot about what it means to be trans, and in transition.

Amanda Jetté Knox and her wife, Zoe Knox, just came out as trans last year. The year before that, the couple's 13-year-old daughter, Alexis, came out as trans too.

"It's almost like a cycle," said Jetté Knox. "Every year in our house there's (a) new person ... who's transitioning. Our family is two-thirds trans now."

Because of the common



Amanda Jetté Knox, Emmi Jarvela, Helmi, Juliet Kivimaki and Zoe Knox at a "Welcome to Canada BBQ." CONTRIBUTED

ground, it's been easy for the two families to become one.

"When you're living with another family that has another trans person in it there's no explanation required," said Jetté Knox. "We understand the good days, the bad days and the struggles and the celebrations."

"It's a very nice thing."

The two families first met in at Toronto Pride in July, and shortly after Jetté Knox drove the eight hour round trip drive to Toronto to pick Kivimaki and her family to bring them to Ottawa, where they would have a tighter network and a place to stay.

HEALTH

Regulator seeking strict opioid rules

Alberta's medical regulator wants more stringent rules on how physicians prescribe opioid painkillers and other drugs to improve the safety of patients.

The College of Physicians and Surgeons says it will send draft proposals for a standard of practice called "Safe Prescribing" to

doctors, the provincial government and others seeking feedback in the hope of approving it next March.

The college notes that opioid prescribing by Alberta doctors is among the highest in the country, and that Canada is one of the top three countries in the

world for painkiller use.

"Data obtained from the Tripligate Prescription Program in 2015 reveals a significant number of Alberta physicians continue to prescribe opioid dosages in excess of the maximum recommended dose," says a memo.

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Obama urges Americans to embrace diversity

U.S. President Barack Obama on Sunday marked the 15th anniversary of the Sept. 11 attacks by calling on Americans to embrace the nation's character as a people drawn from every corner of the world, from every religion and from every background. He said extremist groups will never be able to defeat the United States.

Obama spoke to hundreds of service members and relatives and survivors of the attack that occurred at the Pentagon when American Airlines Flight 77 slammed into the Defense Department's headquarters, killing 184 people. In all, about 3,000 people lost their lives that day as a result of the planes that crashed into the World Trade Center and in a Pennsylvania field.

The president said extremist organizations know they can never drive down the U.S., so they focus on trying to instill fear. "We know that our diversity, our patchwork heritage is not a weakness, it is still and always will be one of our greatest strengths," Obama said. "This

is the America that we must remain true to."

Obama spoke on warm, mostly sunny morning, noting that the threat that became so evident on Sept. 11 has evolved greatly over the past 15 years. Terrorists, he said, often attempt strikes on a smaller, but still deadly scale. He specifically cited attacks in Boston, San Bernardino and Orlando as examples.

In the end, he said, the enduring memorial to those who lost their lives that day is ensuring "that we stay true to ourselves, that we stay true to what's best in us, that we do not let others divide us."

"How we conduct ourselves as individuals and as a nation, we have the opportunity each and every day to live up to the sacrifice of those heroes that we lost," Obama said.

Obama's comments also came in the heat of a presidential election in which voters will weigh which candidate would best keep America safe.

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**This is the America
that we must
remain true to.**

President Barack Obama



Hillary Clinton waves after leaving an apartment building Sunday in New York. Clinton's campaign said she left the 9-11 anniversary ceremony early after feeling "overheated." THE ASSOCIATED PRESS

Sept. 11 ceremony clouded by politics

9-11 ANNIVERSARY

Clinton gets pneumonia diagnosis ahead of election

The U.S. marked the 15th anniversary of 9-11 with the solemn roll call of the dead Sunday but couldn't keep the presidential campaign from intruding on what is traditionally a politics-free moment of remembrance.

Hillary Clinton left about 90 minutes into the ground-zero ceremony after feeling "overheated," her campaign said.

Video showed her knees buckling as three people helped the 68-year-old Democrat into a van in the muggy, 80-degree heat. Later in the day, she said she was "feeling great" as she walked to a vehicle. Clinton's doctor on Sunday afternoon diagnosed her with pneumonia and she was advised to rest.

A video showed Clinton slumping and being held up by three people as she was helped into a van after the event, and her doctor said in a statement that Clinton had become overheated and dehydrated.

"I have just examined her and she is now rehydrated and

recovering nicely," Dr. Lisa R. Bardack said in a statement.

Less than two months from Election Day, it was an unwanted visual for Clinton as she tries to project the strength and vigor needed for the job. Republican rival Donald Trump has spent months questioning Clinton's health, saying she doesn't have the stamina to be president.

The episode cast a political shadow over an event that has tried to keep the focus on remembrance by inviting politicians but barring them from speaking. The two candidates had followed the custom of suspending all TV ads for the day.

The politics of the moment

weren't entirely absent from the ceremony, where some victims' relatives pleaded for the nation to look past its differences, expressed hopes for peace or called on the next commander-in-chief to ensure the country's safety.

Joseph Quinn, who lost his brother, Jimmy, appealed to Americans to regain the sense of unity that welled up after the terror attacks.

"I know, in our current political environment, it may feel we're divided. Don't believe it," said Quinn. "Engage with your community. ... Be the connection we all desperately need."

THE ASSOCIATED PRESS



President Barack Obama bows his head for a moment of silence before delivering remarks at the 9-11 memorial ceremony at the Pentagon on Sept. 11, 2016. THE ASSOCIATED PRESS

FRANCE

Teenager arrested in Paris terror plot

French police have arrested a 15-year-old boy at his Paris home to thwart what they feared was a planned weekend attack, as the prime minister warned on Sunday some 15,000 people in the country could be in the process of becoming radicalized.

The arrest of the teenager on Saturday came two days after police moved in on what the Paris prosecutor says was a group of female "commandos" arrested after an

aborted attack at Notre Dame Cathedral and another possible attack. Those arrested included a 15-year-old girl, the daughter of one of three women arrested south of Paris.

A security official said Sunday that France's intelligence services "detected a threat" and a judicial official said police moved into action Saturday fearing a planned attack this weekend.

THE ASSOCIATED PRESS

MIDDLE EAST

Islamist factions to accept Syria ceasefire

Rebel factions in Syria are prepared to honour a U.S.-Russian-brokered ceasefire while communicating deep reservations about its terms, according to a leader in the powerful Ahrar al-Sham militia.

The agreement is set to come into effect in stages beginning with a limited ceasefire Monday night that allows the Syrian government to continue to strike at al-Qaida-linked militants, until the U.S. and Russia take over the task in one week's time.

The arrangement has divided rebel factions, who have

depended on the might of a dominant al-Qaida-linked faction to resist government advances around the contested city of Aleppo. The leader of at least one U.S.-backed rebel faction has publicly called the offer a "trap."

The deal has received the endorsement of President Bashar Assad's government and its key allies: Russia, Iran and the Lebanese militant group Hezbollah.

According to its terms, both Assad's forces and rebels would halt attacks, while the U.S. and Russia would join

forces against Daesh and al-Qaida-linked militants in Syria.

But that scenario is complicated by the fact that the powerful al-Qaeda-linked faction, Jabhat Fatah al-Sham, remains intertwined with several other factions. It is not clear how these governments intend to distinguish between Jabhat Fatah al-Sham and other allied rebel factions or how they will be able to attack the al-Qaida linked militants without hitting other rebels as well.

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HISTORY

■ Several previously negotiated ceasefires have all eventually collapsed.

■ A partial "cessation of hostilities" that brought sorely needed relief to civilians in March unravelled as the government continued to strike targets in opposition areas, killing dozens of civilians.

Big two back away from pot industry

BANKING

Stores receive letters from Scotiabank, Royal Bank

Scotiabank and the Royal Bank of Canada say they aren't providing accounts to companies associated with the marijuana industry, leaving some business owners scrambling to find alternate arrangements.

After a decade-long relationship with Scotiabank, Hemp Country owner Nathan MacLellan says he received a letter from the bank late last month stating his account was being cancelled. The store in Woodstock, Ont., sells marijuana-related items such as pipes and bongs but no actual cannabis, MacLellan says.

"It's kind of insulting really, especially when legalization is right on the horizon," he said.

"Nothing in the store that we sell is illegal. Every single

variety store sells pipes and bongs nowadays, so why are they singling us out all of a sudden?"

Since then, MacLellan has managed to secure an account with a local credit union.

Earlier in August, a fledgling medical marijuana producer said it received a phone call from Scotiabank, advising them that it will no longer be doing business with cannabis-related companies.

Scotiabank spokesman Rick Roth said in an email that it aims to "manage risks soundly while making prudent business decisions."

"This is why the bank has taken the decision to close existing small business accounts and to prohibit the opening of new accounts for customers classified as 'marijuana-related business.'"

Royal Bank also confirmed that it doesn't provide banking services to companies "engaged in the production and distribution of marijuana."

Bruce Linton, the CEO of

+ OTHER BANKS

TD Bank said it assesses all applications on a case-by-case basis.

CIBC and the Bank of Montreal did not reply to requests for comment.

Canopy Growth Corp., says he received a letter from RBC roughly a year ago informing him the bank was cancelling the licensed producer's account.

He recalls that a few other licensed producers received similar letters around that time.

"My gut feeling is that probably someone in risk analysis somewhere determined that marijuana was a topic which had uncertainty surrounding it," Linton said. "So rather than looking at determining which (companies) were in concert with the laws and which were not, all were treated the same."

THE CANADIAN PRESS



Marijuana-related businesses are scrambling to find alternate banking arrangements after two of Canada's biggest banks said they aren't providing accounts to companies in the marijuana industry. THE CANADIAN PRESS

OIL SANDS

Firms try to reclaim wetlands

Faced with reclaiming oilsands open-pit mines that were once thriving wetlands, Suncor and Syncrude have been trying to do what's never been done — rebuilding one of the most complex, diverse and delicate ecosystems in the boreal forest.

Three years into the groundbreaking, high-profile projects, early successes are emerging.

Suncor's Nikanotee fen and Syncrude's Sandhills fen are staying wet year-round. They're growing some typical fen plants. Even better, they've begun to store carbon in their peaty depths. But the overall plant mix isn't what it was. Soil and water chemistry has changed. Biodiversity has shrunk.

The fens don't seem to be developing into what was there before and nobody really knows how they will evolve.

"We can't kid ourselves," said Jonathan Price of the University of Waterloo, one of the main experts behind Nikanotee. "We can't replace nature."

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Your essential daily news

Monday, September 12, 2016

URBAN ETIQUETTE ELLEN VANSTONE



Dear Ellen,
A while ago, I met up with a co-worker on my morning commute. He was having trouble with a project, so I suggested the approach I would take. He said that was a great idea, and we went our separate ways. Later, after he finished the project, our boss paraded him around, saying how great it was and having him give a presentation on how he implemented the method I suggested that morning on the bus. This irked me, and I even said to him "Isn't that what I suggested?" but he brushed me off. He did do an excellent job, but I wish he'd at least mentioned me when presenting the strategy I came up with. Do I have a right to want acknowledgment?

Irked

Dear Irked.
Rest assured that you have asked the right person about how to deal with this, as I — like most writers — spend a lot of time and energy pondering the problem of idea-stealing b—s who refuse to share credit.

Many a sleepless night has gone by while I writhe with resentment over those monsters who shamelessly exploit my genius, then profit off my original stories and concepts without a word of gratitude, not to

**I'd bet my life
George Harrison
didn't deliberately
plagiarize 1963's
He's So Fine for his
1970 hit My Sweet
Lord.**

THE QUESTION

I gave my co-worker an idea that he used to great effect. But I didn't get any credit. Am I right to want some?

What you got there?



© Ani Castillo

mention cold, hard cash.

Unfortunately, some other nights I also lose sleep as I writhe in defensive contortions over certain bits of, er, um, "material" I've scavenged from the lives of everyone around me for my own profit (which doesn't amount to much, I can assure you, in the current freelance-hack marketplace, but nevertheless).

The fact is, anyone involved in a creative endeavour, whether it's an office project or a slim volume of haikus, is constantly mining every moment of the day for fodder and inspiration. It's both conscious and unconscious. I can't speak for Rob in Thicke, whose Blurred Lines was found by a jury to be a bad-faith ripoff of Marvin Gaye's Got To Give It Up.

But I'd bet my life George Harrison didn't deliberately plagiarize 1963's "He's So Fine" for his 1970 hit "My Sweet Lord."

In your case, I'll give your co-worker some slack in matters of interpretation, inspiration and execution.

But I will also absolutely agree with you that he should have acknowledged that he brainstormed a bit with you, and that it helped him.

In future, if you want to make sure you get credit, follow up such commuter convos with a friendly email: "Hey, I was thinking more about your project and here is my idea in more detail ..." Now you have an e-trail that establishes your claim on proper credit — or, keep in mind, blame, if it

all goes sideways.

But an even better approach, if you can do it, is to let it go. Continue to spread your innovative ideas amongst your fellow humans with generosity and enthusiasm, and take deserved satisfaction in knowing you are making the world a better place.

Addendum to last week's column about men in sandals: We've had letters pointing out my inexcusable negligence in addressing the question of socks. Please be advised that, yes, they're a fashion faux pas, but acceptable to those of us who'd rather look at unsexy socks than unsexy feet.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD



Bad-apple approach won't rid us of bias among judges

Who else?

It's abundantly clear that Robin Camp was allowed to sit on a provincial bench (and then enjoy an appointment to federal court) while harbouring sexist biases. But the glum, apologetic Alberta judge, who is now enduring a headline-grabbing inquiry for suggesting a sexual assault victim should have kept "her knees together," is no outlier.

The important question isn't whether Camp will keep his job; it's who else has gone under the radar.

Camp is arguing that he has wised up, thanks to sensitivity and gender-discrimination training, plus a refresher on rape-shield laws. Unlike those demanding his dismissal, I'm willing to believe him. I have to. The alternative is a justice system wholly unreliable and, worse, unfixable.

"By no means is this a unique case, by no means whatever," said Kathleen Mahoney, QC, a law professor at the University of Calgary.

She would know. For decades, Mahoney has been at the centre of judicial-education efforts, part of a movement that has sought to ensure the Charter of Rights and Freedoms doesn't turn out to be an "empty promise." But she and her allies lost a key battle: to make judicial education mandatory.

"To me the Camp case is an indication of the failure of judicial education to ensure that judges, to some extent, are protected from making these

kinds of errors," Mahoney said.

The excuse has always been that mandatory training would infringe on judicial independence. That line, according to Adam Dodek, co-author of the forthcoming book "Regulating Judges," has been "viewed as quite a stretch" by some and "baseless or worse" by others. Mandatory training exists elsewhere, he said, and the Canadian judiciary "lags behind the world" in training judges.

Camp's biases were outlandish and egregious. The system would be a joke if he weren't facing an inquiry. But many other judges undoubtedly harbour similar views, hiding them inside legally defensible decisions nonetheless coloured by rape myths and sexism.

If there's any group, other than sexual assault victims, that should want this to change, it's judges.

Bias in one generates suspicion of them all, and makes a mockery of the oath to mete out justice fairly. It feeds the growing crisis of faith in our courts. Already, the vast majority of women don't even bother to report rapes and assaults. They know, because the data on this is irrefutable, that justice for sexual assault is doled out in pitifully few cases.

Judges are, in part, to blame. And there's only one way for them to prove they care about improving the situation: admit, as Camp has, that they have a lot to learn.

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Sully 'lands' with \$35.5 million at the box office

Tough-as-nails American girl

INTERVIEW

Riley Keough channels her rebel side in American Honey

Richard Crouse
For Metro Canada

In American Honey, a road trip movie now playing at the Toronto International Film Festival before it heads to a national release later this year, Riley Keough plays a Fagin-like character, tough-as-nails with a glare that could peel the paint off the walls.

She is Krystal, the leader of a travelling band of door-to-door magazine sellers who picks up new recruits along the way with one simple job interview question: "Do you got anyone who's going to miss you?"

It is a bravura performance in a movie that, once and for all, proves she's not just Elvis Presley's granddaughter; she can really act.

Making the free-form drama with British director Andrea Arnold and a cast of mostly newcomers was an unconventional occurrence for the Girlfriend Experience star.

"I didn't know what the [bleep] anybody else was doing," she says.

"I wasn't on set for anything except for my own stuff. Nobody knew what the movie

was about until we watched it. I literally had no idea."

Keough, who has appeared in Magic Mike, Mad Max: Fury Road and will soon be seen in the Netflix film The Discovery and Steven Soderbergh's Logan Lucky, says the lack of traditional structure did "all the right things" for her performance.

"It makes you able to do anything," she says.

"You don't want to get into the habit of only doing things that are structured and safe. Hit your mark and look that way."

"You have nothing, so you actually have to do something. You're not going off a whole script and character arc and knowing all these blah, blah, blah things. You're just existing as this person. You are forced to exist as this person. You don't get a chance to think about anything at all."

Hitting marks and finding the light "is just (bleeping) annoying," she says.

"Excuse my French. This was a nice break from it."

Set in a world where regular

folks still open the door for ratty dressed kids selling magazines, it's a story about families lost and families found, about poverty, disenfranchised youth and finding freedom on the road.

"I think Krystal had been doing this for a long time so that's all she knew," Keough says of her tough-talking character.

"This world does exist. I think she grew up 'on crew'

TIFF | Rising star

and she knows the most. We ran into another mag crew. In the movie you see us shaking hands with another mag crew."

At well over two-and-a-half hours American Honey has an emphasis on naturalism and all that entails: the mundane and the pulse racing in equal measure.

It's not a traditional road flick. Here, the destination isn't as important as the journey.

Life on the road taught Keough a thing or two. "I learned not to drink too much," she says.

"I really think I learned it. Legitimately."

She laughs, perhaps remembering some long nights while making this movie, then adds in a more serious tone, "I learned a lot of really profound things but I don't know how comfortable I am talking about them."



I learned not to drink too much... legitimately

Riley Keough on filming American Honey



Elvis Presley's granddaughter Riley Keough plays Krystal, the leader of a travelling band of door-to-door magazine sellers, in American Honey. LIZ BEDDALL/METRO

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Counsel for Rexel Canada Electrical Inc

When learning leaves the classroom

TREND

Schools find students thrive in outdoor environments

A new classroom at Hazelwood Elementary School in St. John's, N.L., has no walls, windows or desks — in fact, it's not even inside the school.

The outdoor classroom — situated amidst the trees on a circular gravel patch — features a teacher's podium made from stone and a number of stone benches that can accommodate about four children each.

"Getting kids outside is something that really works to their benefit. As an educator, you know it's important for students," said Dale Lambe, principal at Hazelwood Elementary School.

"The outdoor environment is something I think we're looking more at as educators, especially for the younger age group."

Hazelwood's outdoor classroom is part of a growing trend in Canada: Schools building dedicated infrastructure to encourage outdoor learning.

Lambe said he knows of at least four outdoor classrooms in the St. John's area, all of which were built within the last five years.

But the phenomenon of open air learning is widespread, with one school in Saskatchewan installing a small barn and paving stones, and another in New Brunswick building a wooden pirate ship with bench seating.

While the characteristics of outdoor classrooms can vary dramatically from school to school, the benefits of bringing children outdoors to learn are the same, said Cam Collyer.



Teacher Joanne Ward and her grade 3/4 students take part in the outdoor classroom of Hazelwood Elementary in St. John's, N.L.

THE CANADIAN PRESS

er of the Toronto-based non-profit Evergreen.

"If you look at it through a health lens, you see you that you have more physical activity, a greater volume of activity and a greater diversity of activity," said Collyer, whose organization has helped Canadian schools establish outdoor classrooms for more than two decades.

"It's physically active learning. So you're using a different learning modality — hands-on learning, multi-sensory learning... Some of the brain research is as simple as, 'You

move the body and you activate the brain'."

Students are learning a variety of subjects outdoors, bringing out notebooks for math, language arts and social studies, paint brushes for art and instruments for music class.

Collyer said having a dedicated outdoor classroom also affects the social environment of the school grounds, which historically have been "flat, barren expanses."

"In the short-hand of the research — they're boring, and boring is often the leading edge of negative behaviour,"



If their teacher says, 'tomorrow we're going to the outdoor classroom,' it comes with a lot of excitement

Dale Lambe, principal, Hazelwood Elementary School, St. John's, N.L.

he said. "If there are more destinations, you're drawn to move around, and that breaks up the boredom and creates more positive social interactions."

Teacher Tanya Trembath recalls what happened when she took her Barrie, Ont., kindergarten class outside after

a rain shower.

She watched a boy place a snail on his nose, while others allowed the creatures to crawl up their arms. The Hewitt's Creek Public School class ended up collecting 220 snails.

"So you can see how there's so many things you can build on just from that one walk for

snails," said Trembath, whose outdoor classroom includes a large sandbox and forest area.

"They're counting snails in their heads. We looked at books and videos about snails. We would draw and label pictures. They built a habitat. So it becomes a huge learning story incorporating math, science, reading and writing."

Hewitt's Creek is part of a board of 86 schools — all of which have outdoor classrooms.

Every kindergarten class in the Simcoe County District School Board is encouraged to go outside between 20 and 100 minutes per day.

The board is also the subject of a study that looks at how being outdoors benefits students. The board says six classrooms participated in the study last year — half using the outdoor classroom frequently and the others half infrequently. This year, the study is continuing with 12 classrooms participating.

Hazelwood's outdoor classroom — used by all grade levels — is also equipped with Wi-Fi and children can often be seen sitting side-by-side on the outdoor classroom's stone benches, huddled around an iPad.

Lambe said technology is changing the way children learn, making it all the more important to get them acquainted with nature.

"We need to be looking at different venues and different settings for student learning. The way they learn is changing and the styles of learning are changing," said Lambe, citing the use of educational tablet apps.

"(The outdoor classroom) adds to the school and it adds to the children's excitement. If their teacher says, 'Tomorrow we're going to the outdoor classroom,' it comes with a lot of excitement."

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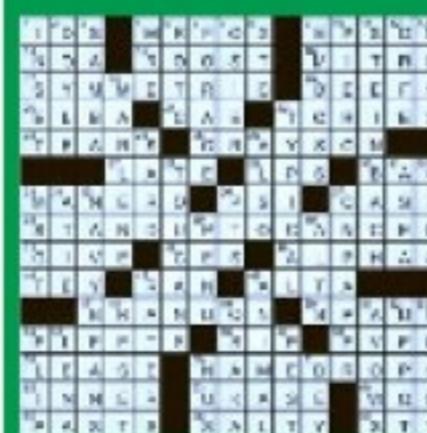


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Putting her love life on television

INTERVIEW

Canada's first Bachelorette an adventurous and free spirit

When you think about the concept of a woman dating up to 20 men at one time for a reality TV show, the first phrase that comes to mind isn't "old-fashioned."

Yet those are the words that Jasmine Lorimer, the 27-year-old star of The Bachelorette Canada, uses when explaining why she agreed to live out two months of her love life on TV.

"The appealing thing about this is you do get a lot of face-to-face time and you're taking away the phones, and you're taking away the texting and all those things that can be said over text or misconstrued, and . . . all of the development of your relationships happens one on one," she says.

"Although it seems strange to do it on reality TV, it's also kind of old-fashioned in a weird way. . . . If it wasn't televised, I mean, aside from all the ex-



Jasmine Lorimer, a hairstylist and part-time model from Pemberton, B.C. is Canada's first Bachelorette. TORSTAR NEWS SERVICE

travagant dates that happen that you probably wouldn't be going on, but just the actual quality time on dates, it's a very normal feeling."

The country gets to judge for itself when The Bachelorette Canada debuts on W Network Tuesday at 9 p.m.

It's the maiden Canadian

journey of this spinoff of the U.S. Bachelor franchise, in which a woman seeks a mate by dating multiple men.

Canada had two seasons of

The Bachelor, in 2012 and 2014 on City TV, but this is its first Bachelorette.

Lorimer hadn't watched the U.S. version for quite a while when she got offered the gig, so she did some catching up. What she came away with was a determination to be herself on TV.

But why look for a husband on a show in the first place?

The hairstylist and part-time model had just moved to the small town of Pemberton, B.C., from Vancouver (she's originally from Kenora, Ont.), not exactly a singles haven, and wasn't sure how to meet someone to share the area's peace and natural beauty.

Besides, she describes herself as an adventurous free spirit and this definitely qualifies as an adventure. Lorimer concedes there's no way to prepare yourself for the experience of dating so many people. In fact, she had never dated more than one person at a time and had to learn to "compartmentalize" relationships.

"I never was able to do that. As soon as I like somebody I just like them and I've got blenders on. . . . The weird thing is be-

fore going onto this show I had been saying to myself mentally, 'OK, the next time I get into a relationship I'm not gonna put all my eggs in one basket' and so there was my ultimate eggless basket."

Nor could she prepare for the emotional toll of breaking up with so many people in such a short period of time.

"It became difficult at the end," she said (and no, she can't tell us if she ended up engaged). "(Bachelor and Bachelorette contestants) always say I never imagined it would be this hard. It really is like that and you can imagine but, until you're in it, oh, it's heartbreaking at times."

So yes, there will be tears. But Lorimer also says she woke up excited about every day of filming. "I really did go into this wholeheartedly, and with the best intentions and with my heart on the line. I did not hold back and I think that the viewers will see that when they watch."

"I went through a lot of hurt through this thing, but I experienced so many good things and took so many positive things from it, and I have no regrets."

TORSTAR NEWS SERVICE

CREATIVE ARTS EMMYS

Poehler, Fey share big host win

Tina Fey and Amy Poehler are sharing Emmy gold as Saturday Night Live hosts.

They were honoured jointly in the best guest actress in a comedy series category at Saturday's creative arts Emmy ceremony.

Fey and Poehler won as co-hosts of last year's Christmas episode on SNL. The pair didn't

attend the Los Angeles event, and Bob Newhart accepted the Emmy on their behalf. The Emmy was the first for Poehler but part of a collection for Fey. She's won eight times before, including acting and writing trophies.

Peter Scolari was another first-time Emmy winner: He captured the best guest actor in a comedy

series award for Girls, in which he plays dad to star Lena Dunham. On the drama series side, Hank Azaria was honoured as best guest actor for Ray Donovan. The creative arts Emmys precede the main ceremony, which is scheduled to air Sunday, Sept. 18, on ABC.

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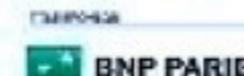
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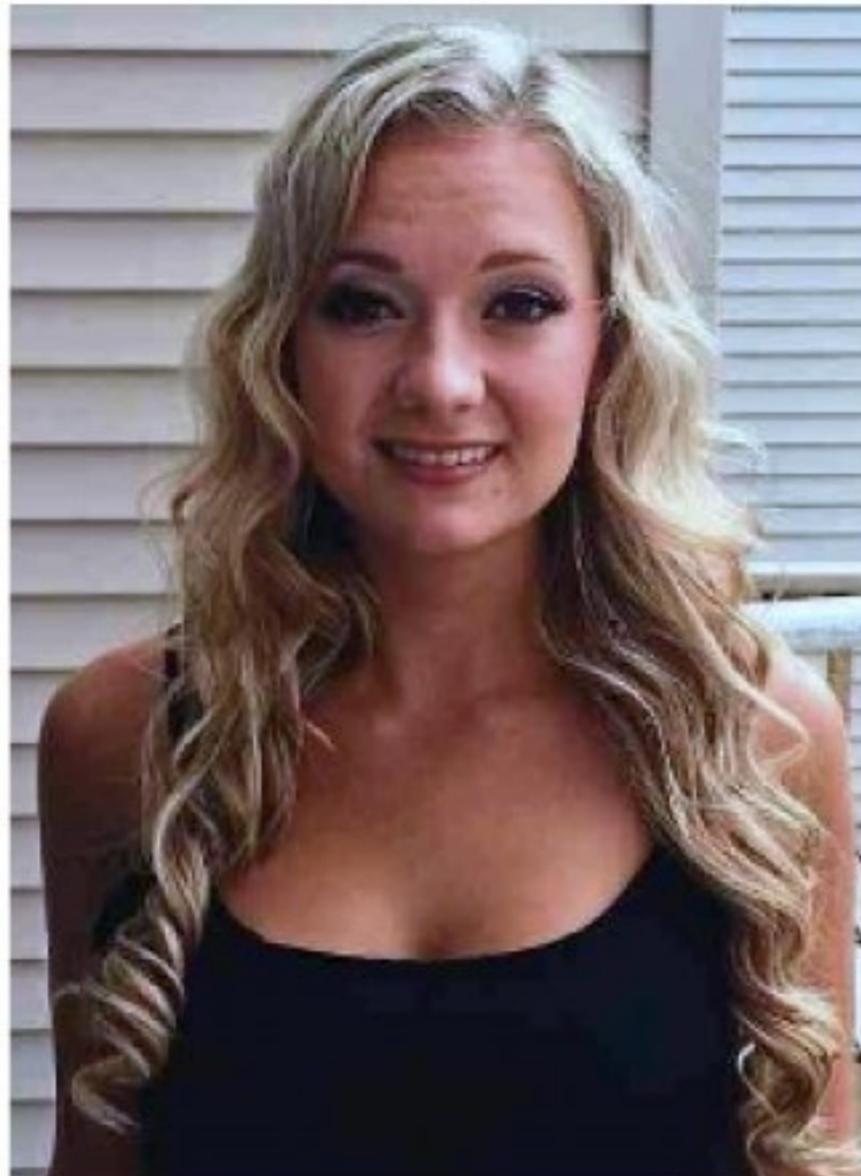
WHY I LIKE MY JOB

Meghan Johnson, 25, Office Manager / Dental Assistant at Dentistry on Centrepointe in Ottawa, Ont.

I love teeth. I couldn't tell you the colour of my best friend's eyes, but I know everything about their smile. It was this fascination — combined with my commitment to good oral hygiene and a desire to work in the health care sector — that led me to Durham College's dental assisting program in 2008.

At the time, the program ran for eight months in an intensive, hands-on learning environment. Tests and practical assessments were given almost daily in courses like biology, radiation practice, clinic practice and preventive dentistry. Despite the intensity, the program truly prepared me for my career. Seven years later, I've leveraged my strong technical and interpersonal skills to take on more responsibilities as an office manager.

What I find most appealing about the job is the social aspect. Over the years, I've built up a loyal client base and I always look forward to hearing about a patient's wedding or new grandchild. I also enjoy working in a preventive health care setting, which allows me to help treat cavities, gum disease and inflammation before it becomes a serious problem. I get to smile each day knowing I helped treat a client's pain or improved their overall wellbeing.

**THE BASICS: Dental Assistant****\$35,755**

Median starting salary for an entry-level dental assistant.

Those who specialize in orthodontics or oral surgery tend to earn more, with annual salaries ranging as high as **\$53,500**.

+14%

Projected rate of **job growth** over the next 8 years.

Data for this feature was provided by payscale.com, onetonline.org, trade-schools.ca and durhamcollege.ca

HOW TO START

Dental assistant programs are offered in both public and private post-secondary institutions, and can last anywhere from eight to 16 months. Applicants can expect to delve into general courses in biology, chemistry and anatomy in addition to core material in dental radiology and radiography, oral health, record maintenance and nutrition. Most institutions offer field placements as part of the curriculum, providing students with practical clinic experience in preparation for the mandatory National Dental Assisting Board exam.

WHERE YOU CAN GO

Certified dental assistants can find employment in virtually any municipality, given the increasing number of clinics in large cities and suburban areas. Canada's unemployment rate in this sector is considerably low, and many trained professionals find rewarding work in general dental practices, hospital dental clinics, the armed forces and correctional institutions. Graduates seeking career advancement may also pursue continuing studies in dental hygiene or dental office management.

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metro SPORTS

USTA officials say a 20-second clock to start points is among the changes being considered to make the game more TV friendly

Groulx pots first as Moose beat Wildcats

QMJHL

Herd coach happy with third-period progression

Dylan DesRoches
Metro | Halifax

The Halifax Mooseheads showed they could handle adversity Sunday, winning a hard fought pre-season contest against the Moncton Wildcats at the Halifax Forum.

They also showed, as their head coach put it, how to be "aggressive and in their face."

"And good things happened from there," said new bench boss Andre Tourigny after the team's 5-3 victory.

The game started off well for the Herd, with Otto Somppi and Benoit-Olivier Groulx scoring early in the first period.

Moncton responded with three-straight goals however, taking the Herd's momentum and the lead into the third.

But that's when fans saw the more aggressive Mooseheads, and the team was rewarded with three goals, including the go-ahead marker by Arnaud Durandeau midway through the final frame.

Tourigny doesn't think having a roster stocked with



Mooseheads rookie Benoit-Olivier Groulx, shown in action on Sunday, netted his first goal of the pre-season on Sunday. JEFF HARPER/METRO

younger players will be an issue for his team this year.

"I don't think talent has an age, I think when you have talent you have talent," he said.

Tourigny has a right to be confident as the Herd have several rookies whose skill could make up for an experience gap.

"It's a lot of learning for them, but once again the skill set is so good, they're doing just fine," said Tourigny.

Groulx is one of the rookies to watch. Halifax selected him first overall in this year's QMJHL entry draft.

And after a slow start this pre-season with only two points so far, he hopes that's about to change, after scoring his first QMJHL goal on Sunday.

In the first period, the 16-year-old was left open in front and he snapped the puck behind Moncton netminder Matthew Waite after taking a

nice feed from linemate Anthony Sorrentino.

"Scoring that goal means a lot to me, it's the first goal of the year, first goal of the pre-season, it feels great," said the 16-year-old Gatineau, Que. native.

"The speed is very tough for me right now, so I have to adjust very quickly."

Barrett Dachyshyn and Sorrentino, into an empty net, also scored for Halifax.

U.S. OPEN

Stan 'The Man' at Flushing Meadows



Stan Wawrinka reaches for a backhand on Sunday during the U.S. Open in New York City. ALEX GOODLETT/GETTY IMAGES

Stan Wawrinka won his third major title on Sunday night toppling top-ranked Novak Djokovic 6-7, 6-4, 7-5, 6-3 for the U.S. Open championship.

Djokovic received a medical timeout to get treatment on his feet.

The call for the trainer came with Djokovic down two sets to one and down 1-3 in the fourth set. Earlier Djokovic appeared to be gripping at his legs and grimacing as if he had cramps.

At one point, Djokovic turned to Wawrinka as he was receiving treatment and said, "Sorry man,

couldn't stand."

On Saturday, Angelique Kerber won her first U.S. Open title and the second Grand Slam trophy of her breakthrough season, beating Karolina Pliskova 6-3, 4-6, 6-4.

The No. 2-seeded Kerber trailed by a break at 3-1 in the third set before taking five of the last six games against a fading Pliskova, who was seeded 10th and hadn't been past the third round at a major until this tournament.

The German Kerber also won the Australian Open title in January. THE ASSOCIATED PRESS

AUS FOOTBALL

Huskies blown out in season opener

 Philip Croucher
Metro | Halifax

It was more of the same from the Saint Mary's Huskies — at least in Week 1.

After back-to-back 0-8 seasons, the Huskies were hammered 30-1 by the Acadia Axemen in the opening weekend of the Atlantic University Sport football season on Saturday.

The game was the first under new head coach James Colzie III, who took over in February after Perry Marchese was fired

last November.

Saint Mary's watched a 9-1 game turn into a rout when the Axemen scored 21 points in the final seven minutes of regulation time.

Saint Mary's was led on offence by new quarterback Brock Bergland, who finished 11 of 28 for 149 yards. He also ran for a team-high 63 yards.

The Huskies will now try and record their first regular-season win since 2013 on Friday night when they host the Mount Allison Mounties at 7 p.m.

The Mounties fell at home 29-14 to the St. Francis Xavier X-Men.

NFL

Giants hold off young Cowboys

SUNDAY In Arlington

2019
GIANTS COWBOYS

The salsa is back, and the New York Giants finally finished when the Dallas Cowboys failed to stop the clock in the final seconds.

Eli Manning threw for three touchdowns, including the go-ahead score to Victor Cruz in his first game in nearly two years, and the Giants beat the Cowboys 20-19 Sunday.

The Giants won the debut of coach Ben McAdoo after 12 years and two Super Bowl titles under Tom Coughlin while spoiling the first game for Dallas' Dak Prescott and Ezekiel Elliott.

Cruz, who missed most of 2014 with a knee injury

and all of last season with a bad calf, broke free in the end zone for a three-yard TD with six minutes remaining, prompting his trademark salsa dance.

"You couldn't even describe what was going through my body," said Cruz, who had four catches for 34 yards. "Wanted obviously to do the dance." THE ASSOCIATED PRESS

IN BRIEF

Johnson in FedEx Cup lead

Powerful off the tee and relentless with the putter, Dustin Johnson didn't give anyone much of a chance Sunday by closing with a 5-under 67 to win the BMW Championship by three shots and move to the top of the FedEx Cup.

Johnson won for the third time in his last eight tournaments dating to his first major at the U.S. Open, and this might have been his most complete performance.

"I've got a lot of confidence in every part of my game," Johnson said.

THE ASSOCIATED PRESS

BoSox build on AL East lead

Jackie Bradley Jr., David Ortiz and Hanley Ramirez all hit home runs as the Boston Red Sox's impressive offence overwhelmed the Toronto Blue Jays 11-8 in a wild game on Sunday afternoon.

The loss drops the Blue Jays to two games back of Boston for first place in the AL East. Toronto had been in first as recently as Sept. 6, but has lost seven of its past 10 games to fall behind the Red Sox. The Jays are now tied with Baltimore for second place.

THE CANADIAN PRESS

Athlete takes last shot at Paralympics

RIO 2016

Vervoort says reports she will end her life 'out of the question'

Marieke Vervoort lives with nearly unbroken pain. The Belgian has an incurable, degenerative spinal disease, sleeps only 10 minutes some nights, and in 2008 she signed euthanasia papers so she can decide when to end her own life.

The 37-year-old Paralympian is prepared to die, but not now. Back home, newspapers have been reporting the wheelchair racer intends to kill herself after the Paralympics end next weekend.

"I think there is a great mis-



Marieke Vervoort won silver in the T52 400-metre race on Saturday night in Rio. OIS/IOC/AFP/GTET IMAGES

take about what the press told in Belgium," Vervoort said Sunday, speaking in English and surrounded by reporters wanting to hear her compelling story.

"This is totally out of the question," she added. "When the day comes, when I have more bad

days than good days — I have my euthanasia papers. But the time is not there yet."

This is Vervoort's last Paralympics. She won silver Saturday night in the T52 400 metres, adding to the gold and silver medals she won four years ago in Lon-

don. Her last wheelchair race will be Saturday at 100 metres. She's shown her will to live by tackling tough training, and it's also helped keep her alive. But she has to give it up, as she has other things, as her body has broken down. Her pain is so severe at times that she loses consciousness, and she said the sight of her in pain has caused others to pass out.

"It's too hard for my body," Vervoort said. "Each training I'm suffering because of pain. Every race I train hard. Training and riding and doing competition are medicine for me. I push so hard — to push literally all my fear and everything away."

Vervoort is a strong advocate of the right to choose euthanasia, which is legal in Belgium. Like training hard, she said it gives her the control and "puts my own life in my hands."

THE ASSOCIATED PRESS

TRACK AND FIELD

Switch from pitch nets Stanley a silver

Liam Stanley was a promising runner, but an outstanding soccer player. And his goal was to get Canada's para-soccer team to the Rio Paralympics.

Track coach Bruce Deacon made him a deal. Focus on soccer, and if the team didn't qualify for Brazil, start training for track.

And on Sunday, the 19-year-old from Victoria chased Irish veteran Michael McKillop over 1,500 metres to claim silver in a stunning Paralympic debut.

"What a thrill," Deacon marveled. "Quite amazing."

Wheelchair racer Brent Lakatos won silver in the 400 metres for his second medal of the Games to make it a two-medal morning for Canada.

In front of a noisy Olympic Stadium crowd that rivalled some Olympic sessions a month ago,

Stanley, who has cerebral palsy, stuck with McKillop through the first two laps, and when the four-time Paralympic gold medallist made his move with 800 metres to go, the fearless young Canadian went with him.

"This is a case of a teenager



racing full-grown men, guys in their late 20s and 30s," said Deacon, a two-time Olympian in the marathon. "So the thing that really impressed me is that he'd never competed at this level, and he delivered just as we'd planned. We knew that McKillop was going to go hard on the third lap, and nobody else in the field could cover his move. And Liam did."

Mckillop pulled away from Stanley over the final 200 metres, but Deacon said the Canadian's strength down the homestretch will improve with experience and training.

The lower half of Olympic Stadium was noisy and full, and fans had stood in a long, snaking security lineup to get in more than an hour before the doors opened.

If Stanley was feeling any first-time nerves, he definitely didn't show it.

THE CANADIAN PRESS

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IN THE MATTER OF: The Companies Act, Chapter 81, R.S.N.S. (1989) as amended - and -

IN THE MATTER OF: An application by WET PRO INCORPORATED for leave to surrender its Certificate of Incorporation

NOTICE IS HEREBY GIVEN that WET PRO INCORPORATED intends to make an application to the Registrar of Joint Stock Companies for leave to surrender its Certificate of Incorporation.

DATED this 1st day of September, 2016.

John H. Armstrong
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HALIFAX

RECIPE Mushroom Pear Melt

PHOTO: MAYA VISNEVET

Ceri Marsh & Laura Keogh
For Metro Canada

Start the week off with a no-stress dinner of a fancied-up grilled cheese sandwich. The swipe of mustard against the sweetness of the pear makes it irresistible.

Ready in 15 minutes
Prep time: 10 minutes
Cook time: 5 minutes
Serves 1

Ingredients

- butter
- cremini mushrooms, thinly sliced
- pumpernickel bread
- Dijon mustard (optional)
- Fontina cheese, grated
- pears, thinly sliced

Directions

1. In a skillet, melt a pat of butter over medium heat. Toss in sliced

mushrooms and push around until they soften. Remove from pan and set aside. Wipe pan.

2. Butter bread (and swipe other side with a bit of Dijon for adventurous kids or adults) and place each piece in pan, butter side down. Place a handful of Fontina on each, then press down a couple of slices of pear, followed by a spoonful of mushrooms. Place another piece of pumpernickel on top, butter side out. Let that sizzle away for 2 or 3 minutes, peaking at the underside using a spatula to see that your bread is toasting not burning. Flip it.

3. Allow the sandwich to grill for a couple more minutes then remove from the heat. Cut in half and serve warm.

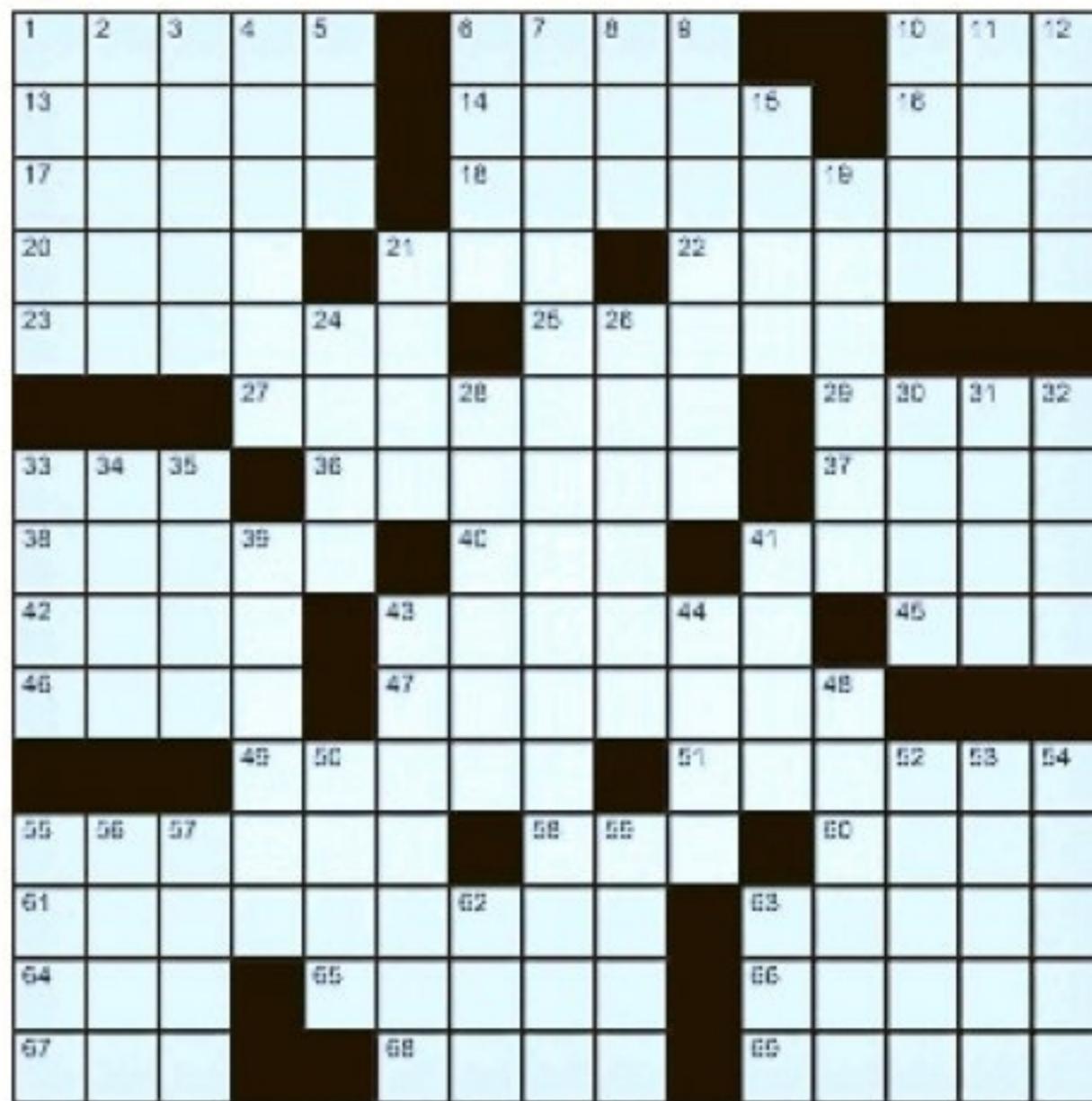
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. To no _ (Waste of time basically)
6. Not __ (Not in any way)
10. Frequently, short-style
13. Don't __ words (Tell it like it is)
14. Ms. Blakley of "Nashville" (1975)
16. Giving-driving-directions word
17. Irritate
18. Therapy/care
20. Do part of a cashier's work
21. Lough __ (Lake in Ireland)
22. Unrefined
23. Compound in glass
25. Onward
27. Sweet-talks
29. Hogwash
33. List stopper [abbr.]
36. Promenade proudly
37. Demon
38. Gwen Stefani band, No __
40. Farm animal
41. Questionnaire choice
42. Go __ detail (Elaborate)
43. Bickered
45. 'Bon a __ lecher les doigts' (KFC's finger lickin' slogan, in French)
46. __ Wolf" (1985) starring Michael J. Fox
47. France 1793: Gets Louis XVI's caput
49. Green hue
51. "Anchors Aweigh" military gr.: 2 wds.
55. Capital of Colombia
58. __-en-Provence, France
60. Frozen beverage company
61. Premiering of a product
63. Basketball, for example
64. Electrical resist-

**DOWN**

1. Collect over time
2. Leonardo da __ (b.1452 - d.1519)
6. Courage
67. Public transit mode
68. Pine for
69. Prefix relating to 'Bones'
7. Terrestrial region in the Canadian Shield, Laurentian __
8. Dvorak's "Symphony No. 9 __ Minor"
9. Earl Grey's decorative warming cover?: 2 wds.
10. Concluded
11. Fish bits

*** IT'S ALL IN THE STARS** Your daily horoscope by Francis Drake**Aries** March 21 - April 20

It's Monday, and some people are in a bad mood, especially co-workers and people at work. This means patience is your only recourse to make this day as smooth as possible.

Taurus April 21 - May 21

Parents must be patient with their kids today, because everyone, including children, is argumentative. Try to avoid touchy situations that can trigger conflict.

Gemini May 22 - June 21

Do what you can to keep the peace at home so that you have domestic harmony. Be patient in everything you do, in order to avoid accidents, both verbal and physical.

Cancer June 22 - July 23

This is an accident-prone day, which means you have to pay attention to everything you say and do. Above all, guard against knee-jerk reactions to others. Be cool.

Leo July 24 - Aug. 23

Money squabbles might arise today. This means today is a poor day to discuss something that might trigger these arguments. However, you have the energy to make money.

Virgo Aug. 24 - Sept. 23

Today Mercury is in your sign, at odds with fiery Mars, which can make you touchy and irritable with others. Therefore, practise patience in all your dealings with everyone.

Libra Sept. 24 - Oct. 23

You have lots of intellectual energy today. If you use this mental energy to do research or look for solutions to old problems, you will be pleased with your results.

Scorpio Oct. 24 - Nov. 22

Do not get embroiled in arguments with younger people today or members of groups, because it will be pointless. Choose another day for important discussions..

Sagittarius Nov. 23 - Dec. 21

Your dealings with authority figures — bosses, parents and VIPs — will be challenging today, because people are too quick to disagree and give strong opinions. Keep a low profile if you can. Be smart.

Capricorn Dec. 22 - Jan. 20

Avoid controversial subjects like politics, religion and racial issues today, because many people are just looking for a fight. Focus on preserving your own peace of mind.

Aquarius Jan. 21 - Feb. 19

Disputes about shared property, inheritances and anything that you own jointly with others might arise today. Therefore, postpone these discussions until another day.

Pisces

Feb. 20 - March 20 You might attract someone today who is touchy or defensive. Actually, discussions with friends and partners are equally difficult. This means you have to be tactful.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

3	7	8	5
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2			1
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7			2
8	9	6	1
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6			5
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